EFFECTS OF SELECTIVE YOGIC PRACTICE PROGRAM ON EMOTIONAL INTELLIGENCE AMONG THE FIRST YEAR MEDICAL STUDENT

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BY
AMIT ANANT KADAM

UNDER THE GUIDANCE
OF
DR.KHUSHAL PANDURANG WAGHMARE

LECTURER IN PHYSICAL EDUCATION & SPORTS
UJWAL GRAMIN MAHAVIDYALAY, GHONSI TAL-JALKOT DIST-LATUR

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RESEARCH SCHOLAR **GUIDE**

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1.0 INTRODUCTION

In broadway the meaning of yoga is to achieve a balance within the internal and external environment ultimately to attain mental,spiritual and physical well-being.Yoga is considered as the foundation of Indian philosophy.The word yoga derived from the sanskrit word "YUJ" and its means the union of the individual with his surrounding environment.

There are different variations of yoga or schools of yoga such as Njana yoga- the philosophy,Bhakti yoga-the path of devotional aspects,karma yoga-the path of blissful action,Hatha Yoga- the system of physical techniques and Raj yoga-the way of mind control.

Emotional intelligence can be defined as,"the capacity to observe one's own and other's feelings and emotions,to discriminate among them and to use this information to guide one's thinking and actions".To find out the answer Why it can matter more than I.Q.Emotional intelligence further categorized into five elements that define deep meaning of Emotional intelligence.Five components of Emotional intelligence are self-awareness,Self-regulations or self management,self motivations,social Awareness.

The ability to realize and understand personal emotions and its effects on others is called self Awareness.Whereas,Self regulation depends on one's ability to observe one's own emotions state and correctly identify and label one's emotions.Self motivation or internal motivation is the capacity of individuals direct emotions to get closer to their goal.While empathy can be defined as capacity of individual to understand the emotional makeup of other individual where social Awareness is the skill of ease to managing relationship and building social network.

Marathwada is a region in the Indian state of Maharashtra.Marathwada formed during Nizams and was the part of hyderabad StatesThe term Marathwada means the house of Marathi speaking people that was the land occupied by Marathi speaking population of the formar Hyderabad states during the period of Nizam Rule.Marathwada Region consist of total eight Districts such as Aurngabad,Nanded,Parbhani,Hingoli,Osmanabad, Beed,Jalna and Latur.There are total five government Medical colleges at Aurangabad Nanded,latur and Ambejogai,Beed districts.

1.1SIGNIFICANCE OF THE STUDY

1.1.1 The study will help to find out whether Emotional Intelligence differs with respect to practice of yogic exercise.

1.1.2 The finding of this study will provide guidelines and a positive approach to management of concerned authority to resolve psycho social issues of their students.

1.1.3 The study will help MBBS students to manage stress effectively and improve their psychological,physiological and social well being view towards society.

1.1.4Also the find out of this study will help out in the process of policy making about students welfare.

1.2 OBJECTIVES OF THE STUDY

1.2.1 To Find out whether there will be any significance difference in emotional of those MBBS Students who practice yoga programmes and who do not practice.

1.2.2 To find out whether there will be any significance difference in Emotional intelligence with duration of practice of Yoga programme

1.2.3 To find out whether there will be any significance difference in Emotional intelligence with frequency of practice of Yoga programme

1.3 HYPOTHESIS OF THE STUDY

H1:There will be a significant difference in emotional Intelligence of those MBBS Students who practice yoga programmes and those who do not practice.

H2:There will be significance difference in Emotional intelligence with duration of practice of Yoga programme

H3:There will be significance difference in Emotional intelligence with frequency of practice of Yoga programme

1.4 LIMITATIONS

1.3.1 The study will be limited to observation and attitude of subjects under the expert of the field.

1.3.2 The study will be restricted under the rules and regulations of the concerned Institution.

1.5 DELIMITATIONS

1.4.1 The study will be delimited to first year students of MBBS Professional course.

1.4.2 The study will be delimited to Affiliated Government Medical Colleges of Marathwada Region Of Maharashtra state.

1.4.3 The study will be delimited to first year students of MBBS Professional course of age group of 16 to 21 years.

1.6 STATEMENT OF PROBLEM

" EFFECTS OF SELECTIVE YOGIC PRACTICE PROGRAMME ON EMOTIONAL INTELLIGENCE AMONG THE FIRST YEAR MBBS STUDENTS".

1.7 DEFINITIONS

1.6.1 YOGIC EXERCISE: Set of exercise which focuses on strength,flexibility and breathing to boost physical and mental well-being.

1.6.2 EMOTIONAL INTELLIGENCE: The ability to understand,use and manage one's emotions in a positive way to relieve stress and defuse conflict.It is furthermore sub categorized as,Self Awareness,Self Regulation Motivation Empathy and Social Skills.

2.0 REVIEW OF LITERATURE

Mamman Joseph C and Sreenivas p (2019) "studied yoga and emotional intelligence were investigated in his study.study was conducted among the 1200 participants selected through convenience sampling and out of which 600 were yoga practitioners and other 600 were never practiced yoga.The Schutte self report emotional intelligence test were administered to collect data.The findings of the study shown that yoga practitioners and non-practitioners of yoga are significantly differs in Emotional Intelligence."

3.0 METHODOLOGY

3.1 **Research Design**

The study will consist of two groups such as Experimental group and control Group and it will be implemented into three phases as details given below table

TABLE NO.3.1

PRE TEST PHASE	For Experimental Group As well as Control group
TRAINING PHASE	Selective Yogic training programme for Exp1 and Exp2 group
POST TEST PHASE	For Experimental Group As well as Control group

To implement above design programme the information of populations put hereafter as

3.1.1The population for this study will be the students of the first year MBBS course.

3.1.2The population for this study will be the students of the first year MBBS course between the age group of 16 to 23years.

3.1.3The population for this study will be the students of the first year MBBS course who are admitted in the government college of Marathwada region of Maharashtra.

3.2 **Tools for the study**

To collect data for study, a (ROQAN) REIT Emotional Intelligence test by Roqiya Zainuddin and Anjum Ahmed will be administered.

3.3 **Data Analysis and Statistical calculations of the study**

3.3.1The MS-Excel Computer statistical package will be used to analyze the data relevant to research objectives.

3.3.2To test Formulated hypothesis of the study “t-test” will be used to check significant differences in pre- test and post- test data of the study.

3.3.3 As required to better interpret the collected data,graphical presentation techniques will be used.

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